



TRAILS LOG

Congratulations - If you have completed five hikes, you have finished the Trails Challenge!

Please fill out and submit the information below to be eligible for your free Trails Challenge water bottle or other gift and to be entered into drawings for a Regional Parks membership. (Personal information is for mailing purposes only and will not be shared with others.)

First Name

Last Name

Street Address

Address Line 2

City

State

Zip Code

E-mail

Phone Number

Which trails did you hike?

Trail Name	Miles	Date Hiked
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Trail Name	Miles	Date Hiked
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Trail Name	Miles	Date Hiked
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Trail Name	Miles	Date Hiked
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Trail Name	Miles	Date Hiked
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Total Miles:

Evaluation

How did you travel the trails?

Hike	Bike	Horse
Wheelchair	With a stroller	With my dog

Did you hike with other people? If so, please describe your group:

Co-workers	Family	Friends	Walking Group
Other			

Were you a first time parks visitor?

Yes	No
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How did you benefit from the Trails Challenge?

I was more active
I lost weight
I noticed I was in a better mood and had less stress
I spent time with family and friends
I visited new parks
I had the directions and advice I needed to start using the parks
Other

What is your best source of information for Regional Parks news and events?

Newspaper	Facebook and Twitter
Radio	Family and Friends
Regional Parks' website	Other
Regional Parks' newsletter	

Would you like to tell us more about your Trails Challenge experience? We may share some answers on Facebook or in future marketing materials. (We'll only use first names and hometowns.)

Do you have any suggestions for the Trails Challenge program?

Optional

Gender

Male

Female

Age

Racial/ethnic background

Do you receive Regional Parks' monthly electronic newsletter?

Yes

No

Sign me up! Here's my email address:

Thank you. Please send to Sonoma County Regional Parks by email, fax, or mail. We will respond with details on your free gift.

Mail:

Sonoma County Regional Parks
2300 County Center Drive, Suite 120A
Santa Rosa, CA 95403

Email:

parks@sonoma-county.org

Fax:

(707) 579-8247

Thank you!

Please contact Regional Parks at (707) 565-2041 with any questions.

SAVE LOG

PRINT LOG

**TO SUBMIT
BY EMAIL**

**TO SUBMIT
BY MAIL
OR FAX**